



Participant Information Sheet

For parents and whānau (*anonymous questionnaire*)

Study Title:	Parents' and Whānau Perspectives on Complementary Feeding in Aotearoa New Zealand		
Lead Investigator:	Dr Amy Lovell	Phone:	021 02059300
Locality:	Auckland	Ethics Ref:	AH30915

An invitation

You are invited to take part in a University of Auckland research study about starting solids (also known as complementary feeding) for babies.

Please read this information carefully.

You may talk about it with your whānau, family and friends if you wish.

You are welcome to ask any questions before deciding whether to take part.

Consent

By submitting the completed questionnaire, you are giving your consent to participate in this study.

Why are we doing this study?

Starting solid foods is an important time in a baby's growth and development.

This study is about listening to parents and whānau talk about their experiences of starting solid foods, including the foods they offer and the information they use when making feeding decisions.

By listening to these experiences, we hope to improve future research and information that supports children and families in Aotearoa New Zealand.

Why am I being asked?

You are being asked to take part because you are a parent or whānau member of a baby aged 0–24 months. Your baby or child may not yet have started solids or may have already started eating solid foods.

To take part, you must be 16 years or older and able to read and understand English well enough to complete the questionnaire.

You do not need any special knowledge or experience to take part.

What will happen if I take part?

If you choose to take part, you will be asked to complete an anonymous online questionnaire about your experiences of starting solid foods (complementary feeding) with your baby.

The questionnaire takes about **8 minutes** to complete and includes questions about:

- your experiences of starting solids
- the foods you offer or plan to offer your baby
- any challenges you may have experienced
- where you get information or support about feeding your baby

Some questions may ask about iron-rich foods, such as foods that contain iron or information you have seen about iron for babies.

You can complete the questionnaire on your computer, tablet, or phone at a time that suits you.

Taking part is voluntary. You may skip any question you do not wish to answer and may stop at any time by closing your browser.

Your responses will be anonymous, and no identifying information will be collected. You will not be asked to take part in any further activities as part of this study.

There are no right or wrong answers. We are interested in learning from your experiences.

Do babies or children take part?

No.

This study is for adults only.

Your baby or child does not take part in the study. The questionnaire asks about your experiences of feeding your baby or child, but no information is collected directly from babies or children, and they are not participants in the research.

No identifying information about your baby or child will be collected.

Do I have to take part?

No. Taking part is voluntary.

You can:

- choose not to take part
- skip any questions
- stop taking part at any time

There will be no disadvantage if you choose not to take part or if you stop early.

Are there any risks?

This study is about everyday feeding experiences.

Some people may find it uncomfortable to reflect on or answer questions about their experiences.

If this happens:

- you can pause
- you can skip questions
- you can stop at any time by closing your browser

Information about support services is included in this information sheet and can be shared again if you would like it.

Are there any benefits?

You may find value in reflecting on and sharing your experiences.

What we learn may help improve future research and information that supports parents and whānau during the early feeding period.

Will I receive anything for my time?

Upon completion of the questionnaire, you will have the option to enter a draw to win one of five NZD\$100 supermarket vouchers. Entry into the draw is voluntary and requires providing an email address, which will be stored separately from your survey responses to maintain anonymity.

Will my information be kept private?

Yes.

This questionnaire is anonymous. Your name and any identifying information will not be collected or used in the study.

You will not be given a study number, and no audio or video recording will take place.

Your responses will be stored securely on University of Auckland–managed systems, in line with university data security and privacy policies.

The information you provide will be analysed in aggregate, meaning individual responses cannot be identified.

What happens to the information?

The information you provide through this questionnaire will be used for research purposes only.

Responses will be reviewed and analysed by the research team to identify common themes and patterns across all participants. Results will be reported in a way that ensures no individual can be identified.

All study information will be stored securely by the University of Auckland for 6 years, in line with university research requirements, or until the study and all related peer-reviewed publications and research outputs have been completed.

What if I change my mind?

Taking part in this study is voluntary.

You may stop taking part by closing your browser before submitting your questionnaire. You do not need to give a reason.

If you close your browser before submitting, you will **not be able to return to your questionnaire or continue where you left off.**

Because this questionnaire is anonymous, once your responses have been submitted they cannot be withdrawn, as it will not be possible to identify or remove individual responses after submission.

Who is leading the research?

This study is being led by researchers from the University of Auckland.

Lead researcher

Dr Amy Lovell

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Researcher / study contact

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Who is funding the research?

This research has received funding from the Ministry for Primary Industries Sustainable Food and Fibre Futures (SFFF) and Meat Industry Association Innovation Ltd as part of the Infant Nutrition Workstream of the Tomorrow Programme. The funders have no role in the overall study design, data collection, analysis, interpretation of findings, or publication.

Support services

If taking part in this study raises concerns or feelings you would like support with, you may find it helpful to talk with someone you trust, such as a family member, friend, or whānau member. Taking part in this study is not a replacement for health or medical care.

You may also wish to contact your Well Child Tamariki Ora provider (such as Plunket) or your general practitioner (GP).

Cultural support

For Māori participants

You may wish to talk with your kaumātua or a trusted whānau member.

You can also contact Te Kupenga Hauora Māori at the University of Auckland for advice and support.

Phone: 09 373 7599

For Pasifika participants

You may wish to talk with a trusted family or community member.

You can also contact the free national Pacific helpline, Ola Lelei.

Phone: 0800 652 535

Questions, concerns, or complaints

If you have questions about:

- **the study** – you can contact the research team to ask questions or talk things through.
- **your rights as a participant** – if you have concerns about your rights or how the study is being carried out, you can contact | Auckland Health Research Ethics Committee (AHREC) | Email: ahrec@auckland.ac.nz | Phone: 09 373 7599 ext. 83711

To speak to someone not involved in the study – you can contact an independent health and disability advocate | Email: advocacy@hdc.org.nz | Phone: 0800 555 050

If you would like immediate emotional support, you can contact **Lifeline** on **0800 543 354** or text **HELP to 4357**, available 24/7 in Aotearoa New Zealand.

Thank you for taking the time to read this information.

Approved by the Auckland Health Research Ethics Committee on 06/03/26 for three years. Reference Number: AH30915.